HOLIDAY SURVIVAL GUIDE 2025

TIPS TO KEEP THE HOLIDAY WEIGHT OFF THIS YEAR

NORTH BAY
STRENGTH & CONDITIONING

OCTOBER, NOVEMBER, AND DECEMBER ARE MONTHS WHERE PEOPLE'S ROUTINE CAN GET THROWN OFF.

PARTIES, EVENTS, HOLIDAYS, TRAVEL, ETC.

IN FACT ABOUT 75% OF PEOPLE GAIN WEIGHT DURING THE HOLIDAYS. THEN NEVER LOSE IT. REPEAT THAT CYCLE FOR 5 YEARS AND ALL THE SUDDEN IT'S 10-20 LBS EXTRA!

BUT IT'S NOT THE 5-10 DAYS OF EVENTS THAT CAUSES THE HOLIDAY WEIGHT GAIN. IT'S WEEKS OF MINDLESS EATING AND SKIPPED WORKOUTS.

THE GOAL OF THIS GUIDE IS TO GIVE YOU REALISTIC STRATEGIES THAT YOU CAN USE THROUGH THE END OF THE YEAR TO HELP YOU AVOID THE WEIGHT GAIN AND STILL ENJOY THE HOLIDAYS!

OCTOBER

CHALLENGES:

HALLOWEEN CANDY
HALLOWEEN PARTIES

TIPS:

KEEP CANDY OUT OF SIGHT BEFORE HALLOWEEN.

DONATE LEFTOVER CANDY

NOVEMBER

CHALLENGES:

THANKSGIVING OVEREATING
TRAVEL

TIPS:

PRIORITIZE MOVEMENT. EVEN WHEN TRAVELING. 10-20 MINUTE WALKS ARE BETTER THAN NOTHING

EAT PROTEIN AND VEGGIES FIRST AT BIG MEALS

DRINK A FULL GLASS OF WATER BEFORE MEALS

DECEMBER

CHALLENGES:

HOLIDAY PARTIES
SWEETS & TREATS
TRAVEL

TIPS:

PICK 3 DAILY: WORKOUT, GOOD NUTRITION, HYDRATE 8+ CUPS, 10K STEPS

KEEP HEALTHY SNACKS AROUND THE HOUSE INSTEAD OF HOLIDAY TREATS

START EACH DAY WITH HIGH PROTEIN BREAKFAST

DAILY GOALS

HAVING 3-5 DAILY GOALS IS A LOT MORE AFFECTIVE THAN TRYING TO STICK TO A DIET

- [ ] HIT 0.6 - 1.0 GRAMS OF PROTEIN PER LB OF BODYWEIGHT
- [ ] GET 3 SERVINGS OF FRUITS OR VEGGIES
- [ ] DRINK AT LEAST 80 OZ WATER
- [ ] GET 20 MINUTES OF MOVEMENT (WORKOUT, WALK, BIKE)
- [ ] PLAN OUT TOMORROWS MEALS

(USE THE NEXT PAGE TO TRACK EACH MONTH)

DAY	WORKOUT or MOVE 20 MINUTES MINIMUM	PROTEIN 0.6-1.0 G/LB BW	FRUITS VEGGIES 3+ SERVINGS	WATER 80+ OZ
1				
2				
3				
4				
5				
6				
7				
8				
9				
0				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				

PROTEIN CHEAT SHEET

BUILD YOUR OWN DAY TO HIT YOUR GOAL

3OZ CHICKEN BREAST = 26G
3OZ CHICKEN THIGHS = 21G
3OZ GROUND BEEF 90/10 = 26G
3OZ GROUND TURKEY 93/7 = 22G
4OZ SALMON = 22G
1 EGG = 6G
¾ CUP 2% GREEK YOGURT = 17G
½ CUP COTTAGE CHEESE = 13G
1OZ CHEDDAR CHEESE = 7G
½ CUP COOKED BLACK BEANS = 6G
1 CUP COOKED LENTILS = 18G
4OZ EXTRA FIRM TOFU = 14G
1 CUP COOKED QUINOA = 8G

BAREBELLS BAR = 20G
PROTEIN POWDER = 20-25G

SAMPLE DAY

NORMAL DAY

BREAKFAST

2 EGGS

SMOOTHIE: BANANA, BERRIES, PROTEIN POWDER, PEANUT BUTTER, SPINACH, WATER

LUNCH

SALAD: SPINACH, CHICKEN, QUINOA, BLACK BEANS, TOMATOES, AVOCADO

DRESSING: OLIVE OIL, BALSAMIC VINEGAR, DIJON MUSTARD

SNACK

COTTAGE CHEESE WITH BERRIES

DINNER

ROASTED BRUSSEL SPROUTS & BUTTERNUT SQUASH

CHICKEN THIGHS

SAMPLE DAY

HOLIDAY

BREAKFAST
3 EGGS
CHICKEN BREAKFAST SAUSAGE
BERRIES

SNACK
PROTEIN BAR

LUNCH
SALAD: SPINACH, CHICKEN, QUINOA, BLACK BEANS, TOMATOES, AVOCADO
DRESSING: OLIVE OIL, BALSAMIC VINEGAR, DIJON MUSTARD

DINNER
HOLIDAY MEAL

TIPS

PREP PROTEIN EVERY SUNDAY
MAKE ENOUGH FOR AT LEAST 2 DAYS

START YOUR DAY BY DRINKING 16 OZ WATER

CUT OFF EATING 2 HOURS BEFORE BEDTIME

MOVEMENT AT THE SAME TIME EVERYDAY

HOME WORKOUTS

DUMBBELLS

WORKOUT 1

4 ROUNDS :30/:15
DUMBBELL BENCH PRESS
BENT OVER ROWS

RUN OR BIKE FOR 1:00

4 ROUNDS :30/:15
THRUSTERS (SQUAT TO OVERHEAD PRESS)
DEADLIFT HIGH PULLS

RUN OR BIKE FOR 1:00

4 ROUNDS :30/:15
PLANK
RUSSIAN TWIST

RUN OR BIKE FOR 1:00

HTTPS://YOUTU.BE/RAKZA_P8C8Q

HOME WORKOUTS

DUMBBELLS

WORKOUT 2

4 SETS
10 DEADLIFTS
8 REVERSE LUNGES EACH LEG

4 SETS
10 LATERAL RAISE
10 TRICEP EXTENSIONS
8 PUSHUP ROW ROW

3 SETS
15 LEG LIFTS
15 CRUNCHES

HOME WORKOUTS

DUMBBELLS

WORKOUT 3

4 SETS
10 DUMBBELL BENCH PRESS
10 TRICEP EXTENSIONS

4 SETS
10 BENT OVER ROWS
10 CURLS

3 SETS NONSTOP
10 FRONT RAISE
10 REVERSE FLYS
:20 OVERHEAD HOLD
REST :30

HOME WORKOUTS

BODYWEIGHT

WORKOUT 1

10 MINUTE EMOM
EVERY MINUTE COMPLETE...

5 PUSHUPS
10 SITUPS
15 SQUATS

*SCALE BACK ON REPS IF YOU CAN'T COMPLETE THE REPS IN :50 MAX

HOME WORKOUTS

BODYWEIGHT

WORKOUT 2

5 ROUNDS :20/:10

PUSHUPS
LUNGE JUMPS
BURPEES
HOLLOW ROCK

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HOME WORKOUTS

BODYWEIGHT

WORKOUT 3

QUALITY > SPEED

10 TO 1 REPS
10,9,8,7,6,5,4,3,2,1 REPS EACH EXERCISE

SPLIT SQUAT EACH LEG
SQUAT JUMP
REVERSE CRUNCHES
CRUNCHES

HOME WORKOUTS

BODYWEIGHT

WORKOUT 4

20 MINUTES

INCREASING REPS
5,10,15,20,25 ETC.

BURPEES
SQUATS
V UP SITUPS

PERFORM 2:00 OF CARDIO EACH ROUND
RUNNING, BIKING, JUMP ROPE, ETC.

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HOME WORKOUTS

BODYWEIGHT

WORKOUT 5

5 SETS
:30-:45 WALL SIT
10 REVERSE LUNGES EACH LEG
10 SINGLE LEG BRIDGES EACH LEG
15 SITUPS

MINDSET

CONTROL THE MEALS YOU CAN CONTROL

ENJOY THE SPECIAL HOLIDAY MEALS

FOCUS ON FEELING GOOD:
-EATING HEALTHY FOOD FOR MORE ENERGY
-MOVING YOUR BODY
-STAYING HYDRATED
-GETTING ENOUGH SLEEP

WHAT ARE 3 THINGS YOU WANT TO ACCOMPLISH BETWEEN NOW AND 2026?

6 WEEK PROGRAM

GET 2 WEEKS FREE!

*START ANYTIME IN 2025, OR IN JANUARY 2026

HOME WORKOUTS
(OR GYM IN PETALUMA)
CUSTOM NUTRITION
ACCOUNTABILITY

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